

# CYA

California Youth Authority

Victims Edition  
2003

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# Today

*More Than 50 Years of Service to the People of California*

## It Takes Commitment to Fulfill the Promise

### Director's Corner

As we approach the 23<sup>rd</sup> annual commemoration of National Crime Victims' Rights Week (NCVRW) April 6-April 12, 2003, I am proud to join my staff and colleagues across the nation in this time-honored tradition by observing crime victims, survivors and those who serve them throughout the United States.

During NCVRW, more than 10,000 victim service and allied professional organizations across America will sponsor and participate in public education and community outreach activities to focus attention on victim rights. This week is about commemorating all that the victims' movement has achieved during the last 30 years, but also not forgetting that we must continue to move forward



*Jerry L. Harper*

ward and continue to expand the rights of victims.

This year's theme, "Victims Rights: Fulfill the Promise," reminds us that we must continue to treat victims with compassion and dignity; to help them recover through services and support, and to assist them in implementing their rights. As a Department, we currently serve over 40,000 victims by providing them referral services for ongoing counseling and support, mandated notification of offender status, the opportunity to participate in YOPB hearings, and rigorous restitution collection and disbursement. We must continue to provide our current level of services, while developing new procedures and policies to increase our services.

As director, I would like to express  
(Please see **Director**, Page 6)

## Fulfill The Promise



## Juvenile Justice and Victims of Crime: Looking Back, Moving Forward

By Anne Seymour  
Victim Advocate

### Looking Back

If you've ever been to Opryland Hotel in Nashville, Tennessee, the roots of the national movement to promote victims' rights and services

within the juvenile justice system will make perfect sense. It was 1994 at the annual convention of the American Correctional Association that, for some strange reason, considers Opryland its "second home." Two members of the ACA Victims Committee, Sharon English (former

Deputy Director of CYA's Office of Prevention and Victims Services Branch) and Anne Seymour got lost in a hotel so massive, you need bread crumbs to find your room! Country-western music (we can swear it was Patsy Cline singing "Crazy") beckoned them from the fake honky-tonk by the

indoor river. Tired and thirsty, they stopped in for a drink and a rest. With a laptop computer handy, they pounded out the initial outline that would become the landmark "ACA Report and Recommendations on Victims of Juvenile Offenders" published in 1994 by the American Correctional Association.

decade's national efforts to improve the juvenile justice system's response to crime victims:

*"Victims of crime should not be discriminated against simply because of the age of their offender."*

While the victims' rights movement in America is 31-years-old, its emphasis on the rights and needs of *victims of juvenile offenders* is considerably more nascent. So *much* was needed over the past three decades to improve victims' rights and services in the *criminal* justice system that attention on the juvenile justice system was somewhat diminished.

In the past ten years, however, the needs of victims of juvenile offenders have received more attention, and rightfully so. While the early 1990s saw a significant increase in juvenile

The inspiring words that emerged from Sharon English that night became both the *first sentence* and *framework* for the past

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# Changing Roles: From Living Unit to Victim Services

By Josie Montano  
Parole Agent II  
Victim Services Specialist

Prior to leaving Redwood Intensive Treatment Program at Preston, to start my new position as a Parole Agent II Specialist at the Office of Prevention and Victims Services, wards approached me. Some were sad about my upcoming departure, but others were mostly curious. Curious about what exactly I would be doing with victims. “Will you be working with *my* victim?” many of them asked. “Possibly” I replied. Will you help them work through their issues like you do with us?” “Possibly” I replied. Will you miss working with wards?” A most definite “yes” I replied.

As I left Preston and the institutional life I prepared myself for the inevitable changes that would take place in my day-to-day work practices. The daily reminders to lock doors behind me, to wear comfortable shoes and clothing that covered every inch of my body, and the constant awareness of the whereabouts of my keys would soon be nonexistent where I was going. As I pondered with excitement, on the Sunday before my first day at OPVS, the question, “Would I miss working with wards” rang in my head. Working on an ITP was demanding albeit fulfilling work for the most part. I was not limited to managing casework. I was a parole agent, counselor, teacher, recreational organizer, trainer, mediator, and facilitator—the epitome of a social worker’s dream! Nonetheless, one of my ca-

reer goals was to once again work with victims. Here was my chance.

Needless to say, my first day at OPVS on December 2, 2002 was awkward. The ambiance was surreal to me. It was so quiet I got a headache, which later cleared when I went home to my screaming children. My Monday mornings usually meant a swarm of wards greeting me at the door and crossing my fingers and hoping no one was in crisis. Although I missed my work and friends at Preston and still felt uncomfortable with the change, I smiled. Accepting the position was the right thing for me to do and within the first week it felt right too.

Staying busy is what I like best and there is plenty of it here. Everyone works well together and victim’s needs are always paramount. I was looking forward to doing this part of my job — direct services to victims. But as I became acclimated to the office and began working with victims, I began to question my previous mentioned counseling skills. One of my first calls was from a mother who lost her son to murder 7 years ago, yet as she spoke, it seemed like yesterday...gulp...the lump in my throat would not go away. As I listened to her talk in detail about the psychology that comes with receiving



Josie Montano , Parole Agent II, is learning first hand, of the impact of crime on victims.

board hearing notifications in the mail, I was glad she could not see me - it’s not professional to cry at work I was once told. She began by saying that upon receiving the board hearing notification in the mail her health begins to deteriorate, she isolates from friends and family, and loses an average of 10 pounds. With all of this she manages to squeeze in a joke about finally losing the proverbial last 10 pounds — for my benefit I think, maybe she senses me crying too. “Does ‘John’ understand what he has done?” “Does he know what I go through every year,” - she asks.

It has been a few months since I started at OPVS and I have listened to many victims. Their universal lan-

guage of despair, pain, loss, anger, and the like touches me daily. Their gratitude after I help them is overwhelming as I feel as though I haven’t done a thing. The irony of it all — I quickly recall the entitlement so many wards had the audacity to have. “Did I confront them enough about their victims?” Hindsight is truly 20/20, as I now know I didn’t confront enough. So when I do return to institutional living in the future and if a ward asks “Did you work with *my* victims?” I’ll say, “Yes I did. Do you know what they go through?” “Do you know what you have done?” If he doesn’t know, I’ll enlighten him.

## Addressing the Needs of Victims Through Reparative Justice

*(Excerpt from the Three ‘R’s’ of Reentry)*  
*Published by Justice Solutions*  
*December 6, 2002*

In a Balanced and Restorative Justice (BARJ) policy and program structure, redemption is not granted for time served but rather redemption is earned — by paying back to the community and victims; and through demonstration of trustworthiness and advancement of responsible living, learning and work skills. When a person commits a crime or series of crimes that warrant a correctional commitment, we should not expect the community to receive the offender back from the institution with “open arms” simply because s/he was removed from the community for a specified amount of time. If the victim(s), neighbors, offender’s family, and local law enforcement have little or no information about the offender’s performance at the institution, we should not be surprised to find lingering suspicions among these

members of the community (who are critical to successful offender reintegration).

Another factor that can raise community receptivity is knowledge of the victim’s involvement in the offender’s reentry. For instance, the local grocer is far more likely to give that offender a job if he knows that it is part of a reentry plan that the victim not only supports, but is actively involved in. The reason behind this is the simple fact that, unlike justice system officials and politicians, community members realize at a visceral level that victims are the real “parties in interest” and as such have the *real* moral authority to define what is just vis-à-vis the offender: “If it is alright with the victim, it is alright with me.” Thus highlighting the victim’s involvement in a reentry initiative can become a powerful incentive for the involvement of

others in the community — even policy makers.

If an incarcerated offender is actively engaged in treatment and rehabilitative programming, victim awareness programming, paying restitution, and/or performing work service that benefits the community — and the details of these reparations are clearly communicated to crime victims, the offender’s family, and relevant community organizations — the willingness of the community to receive the offender back will be enhanced. This requires not only the creation of meaningful reparations programs within correctional settings, but also a willingness of the agency and offender — through policy and practices — to share information about an offender’s positive progress with those who have a significant stake in such information.

### Victims Week Affirmations

**You cannot do wrong and feel right.  
It is impossible.**  
*Ezra Taft Benson*

**Justice will be achieved only when those, who are not injured, feel as indignant as those who are.**  
*Anonymous*

**Let us not look back in anger or forward in fear, but around in awareness.**  
*James Thurber*



# “You’re My Pretty Bird in a Cage:” Disability, Domestic Violence, and Survival

By Kimberly Black Wisseman

*(Reprinted with the permission of Kimberly Black Wisseman and Impact: Feature Issue on Violence Against Women with Developmental or Other Disabilities, vol. 13, no. 3, 200, published by the Institute on Community Integration (UCEDD), University of Minnesota.)*

In 1990, I was in my senior year in college. My boyfriend and I had moved in together rather rapidly. I was okay with that because I require attendant care services – I’m a quadriplegic as a result of an automobile accident when I was 16 years old. The relationship was great for about six months. Then he started becoming very controlling and jealous. If I wasn’t back from class on time or if I was talking to someone he would get upset with me. He wanted to get married soon. After he proposed, I said that I would marry him if we had a long engagement. After we had become engaged, he started referring to me as “a pretty bird in a cage.” And, after that, the emotional and verbal abuse that I was experiencing rapidly escalated into physical violence. These are just some of the instances:

- During an argument I was on the living room floor and he had taken off all of my clothes and was watching me as I cried and tried to scoot my body towards the telephone so I could call for help.
- I had come home late from class. When I came inside he was sitting there with a butcher knife in his hand. He pulled me out of my wheelchair by my feet, laid on top of me – choking me and suffocating me – stabbing the knife around my head.
- A third incident was an argument we were having while we were driving in the car. He pulled off to the side of the road, went around to my side of the car, pulled me out of the car to where I was laid on the side of the pavement. I asked if he would leave my wheelchair and he did not. He drove away, got about a half a block away, put the car in reverse, and sped up towards me – stopping

only feet in front of me with gravel hitting me.

I knew at this point that my life was in danger and I wanted out of this relationship. At the same time, this was the man that I thought loved me and was helping me with some of my personal care services. I thought, “If I leave him and hire an attendant to come in, what would someone do to me who I didn’t know, if he was already doing these things to me.” A lot of my thought at that time was that I had learned how to de-escalate the arguments. He would say that if I would just do what he wanted and say what he wanted me to say, then he wouldn’t have to hurt me.

During the violent attacks, when I would say, “Yes, I’ll marry you,” “no, I won’t tell anyone,” “yes, it’s my fault,” and then before he would stop, he would calm down and stop hurting me. So, my thought was, “I only have three months left until graduation, and graduating is so important to me.” I thought “I can manage this relationship for three more months and then when I graduate, I’ll have avenues to get out of this relationship.” Well, three weeks later I was admitted into the hospital with a broken arm, a broken nose, broken ribs and my sternum was permanently damaged. At that point, the police were called and my batterer was arrested. He was charged with two counts of aggravated assault with a deadly weapon and serious bodily injury.

Approximately a year later, when the charges came to trial, there was a five-day jury trial. On the witness stand, my batterer’s attorney portrayed me as a woman with a severe disability that no man would ever want or ever love. Also, how wonderful his client was for giving up his life to love me and take care of me as he did. The broken bones that I had received were explained as having a disability for so many years – that I was frail and apparently I just fell out of my wheelchair. Well, in 17 years



*Ms. Wisseman took her experiences as a victim, and empowered herself to serve as an advocate for victim service organizations.*

with a spinal cord injury, those were the only broken bones I have ever had. They also portrayed me as trying to seek revenge and to actually get him back, since no one else would ever want me.

My batterer was found not guilty and I felt completely revictimized. A few months later the second charge came to trial and at that point I was so emotionally victimized that I did not feel that I could go through what would feel to me like a third victimization. So the state proceeded without me. My batterer pleaded no contest and he was found guilty and sentenced to two years probation and psychiatric counseling, which, to me, was still not justice.

I went on with my life and moved to another state. I went to graduate school. Shortly after I had graduated in 1996, one Friday night I was at home in my apartment and I had my bedroom window open, not

*(Please see Bird, Page 10)*



By Dianne Griego Irwin  
Columnist, *Sacramento Bee*

In the California Youth Authority’s Office of Prevention & Victims Services, professionals know that one of the most effective ways to help victims is simply by listening.

Often, part of what a victim calling in needs, is to relate a portion of his or her story; to have someone listen to the fears, grief or pain. Services or guidance may be offered. The system is explained. But the victim’s *telling* is part of their personal therapy.

## Media Can Play Critical Role For Victims of Crime

In sharing, victims give a little of their pain away.

In the media, journalists fill similar roles for victims while reporting crime or court stories. Young reporters often are surprised when victims seek them out. Why, they wonder, are victims so willing to tell me, a stranger, the intimate details of this painful journey?

Though I don’t have polls or studies sitting before me, I know that veteran reporters have developed their own explanations for why this is true. For one, we are trained listeners while people close to the victims rarely are. Their eye is on something further, and maybe even unreachable, in the future. They don’t want their friends and loved ones experiencing such life-al-

tering pain – yet they are. They want to help them in whatever way they can to feel better; to find closure; to begin to heal. The victim often isn’t yet there.

When a victim meets with a reporter, the journalist is still focused on the details of what happened or what’s happening with the victim now. In a justice system that views crime as the government versus the perpetrator, the victim often feels left out of the process. Reporters often are one of the first people truly present to sit and listen and give the victims “voice.” We allow them to tell their stories. Through us, victims explain how it felt, how it changed their lives, what will never be the same. The resulting stories attempt to “mine some greater meaning” out of a tragic event. That

is our promise to you.

Maybe the overarching point of these stories, over and over again, is only to show how dramatically crime and violence hurts communities and tears apart families. Still, how important is that? Can we remind readers of that too often? Over and over I have victims thank me for telling their stories because they feel it helps others understand the true impact of crime and violence. Without these fully developed tales, crimes statistics would become an endless litany of numbers, reports, dates and places – as if there were no real people whose lives were crushed, hurt, forever altered.

Many victims chose not to talk to

*(Please See Griego, Page 9)*

# Normal Post Incident Stress Symptoms and How to Cope With Them

By Sharon Garcia, PA II  
Victims Services Specialist

As a correctional employee, we understand that we have a very difficult job. However, being victimized is not “just part of the job.” Personal safety should be a priority both in our personal lives as well as in the workplace. In response to the Department’s commitment to provide services to staff who have experienced a traumatic event, critical incident or may have been assaulted, threatened or battered in the workplace, the Office of Prevention and Victims Services is providing this information to assist staff members when they have experienced such an event.

Some of the stress symptoms that individuals may experience after traumatic incidents are listed below. These symptoms can be physical, cognitive, emotional or behavioral. They are best seen as normal reactions to unusual circumstances. Having symptoms of stress means your mind and body are going through some adjustments or trying to recover normal responses. 80-85 percent of those individuals exposed to critical incident will

show a noticeable symptom within 24 hours. 50 percent of those above will be affected after three or more weeks. Symptoms will be more marked in relationship to the severity of the incident. Additionally, some studies indicate that 87 percent of the individuals who are provided immediate intervention through critical incident stress debriefing and peer support will not need long term counseling.

The signs and symptoms may last a few days, weeks or months, based on the severity of the traumatic event. With understanding and support from peers, management and loved ones, the reactions usually pass more quickly. Occasionally, professional assistance from a counselor may be necessary. This does not mean the individual is weak, but indicates this person will need additional support.

**Tension:** Physical and emotional tension, being excessively hyper, unable to relax or sit still for very long, muscle tremors or twitches.

**Nausea, Vomiting or other Gas-**

**trointestinal Upset:** Especially during or immediately after the incident.

**Body Temperature Regulation:** Profuse sweating or chills at unusual times.

**Sleep Disturbances:** Either the inability to fall asleep, disruptive dreams or nightmares or waking up earlier than usual.

**Fatigue:** Always tired. No pep or energy.

**Intrusive Thought and Memories:** Thinking about the incident or some recurring memory associated with the incident when you don’t want to.

**Negative Feelings/Crying:** Unpleasant feeling that may come without warning, such a profound sadness, helplessness, fear, anxiety, anger, rage, discouragement, frustration or depression.

**A Feeling of Vulnerability or Lack of Control:** Feeling exposed to threat, not in control of one’s life anymore or paranoia.

**Interpersonal Problems:** Increased irritability, insensitivity, blaming others, wanting distance instead of closeness.

**Interpersonal Problems with Alcohol or Drugs:** “Self-medication” can be a symptom of stress.

**Compulsive Behavior:** Increased problems such as compulsive eating or other compulsive behaviors.

**A Vague Feeling of Self-Blame:** Usually this fixes on some particular aspect of the incident. A sense of having lost self-value or diminished self-esteem. “I could have done this or should have done that.”

## Coping Strategies

The following are some procedures that have been used successfully to cope with stress. Some may work

(Please see **Post Stress**, Page 10)

(**Juvenile**, Continued from Page One)

offenses, trends went downward in the last half of the decade. However, current forecasting shows an expectation of increases in juvenile offenses in the upcoming years.

## The Needs of Victims of Juvenile Offenders

*What are the needs of victims of juvenile offenders?* While there is limited research on this subject, a national series of focus groups conducted by the Balanced and Restorative Justice (BARJ) project, sponsored by the Office for Victims of Crime, U.S. Department of Justice, in 1998, found that:

- The shock, vulnerability and trauma victims endure may be enhanced due to the age of the child offender.

Most people *still* want to believe that children are not capable of committing criminal acts, especially those involving violence. Furthermore, adults are supposed to have control over their younger counterparts – “control” that disappears when they are victimized by youthful offenders.

In the 1998 BARJ focus group research project, many victims of juvenile offenders were surprised by the range of emotional responses the offense had upon them. One victim confessed: “It hit me that I didn’t want

to face the fact that I was weak, and I let this bother me so much. I never thought of myself as a victim. I thought I can’t live like this....running away from anything that might occur.”

Another victim disclosed that “I didn’t realize I was a victim for months. The feelings I thought were just fear made me think that I was a weak person. So I couldn’t even deal with the feelings or a victim, and try to make sense of it.”

- The victim’s vulnerability may be increased *when the victim knows the juvenile offender*.

Relationships that have relied on mutual friendship and respect are often severed. If the youthful offender is a “friend of the family,” the victim may begin to second-guess his or her judgment in the character of people with whom he or she associates. Bonds of trust are easily shattered by juvenile victimization.

- Victims of juvenile offenders may “generalize” about people who remind them of the perpetrator. This can affect their lack of trust in, and tendency to avoid situations involving, other children. One middle school teacher who was assaulted by a youth expressed difficulty in getting up in front of

a class full of children who are the same age as her assailant.

- Victims sometimes report feeling “embarrassed” that they were hurt by a child.

Since adults are expected to have a semblance of “control” over children, their victimization can prove to be a source of shame because the scales of authority and control have been tipped in the opposite direction.

- Many victims report enhanced fear following victimization by a youthful offender.

They are not always likely to tell helping professionals that they are afraid, or would like protective measures, for fear of being perceived as “weak” or “irrational.” Some victims report fear due to their perceptions of the “impulsive nature of youth.” Others are concerned that the juvenile offender will continue to hurt others. This fear of recidivism is supported by data from the 1997 National Longitudinal Study of Youth that found that one-fifth (21 percent) of 16-year-olds who had been arrested were first arrested by the age of 12.<sup>1</sup>

(Snyder, H. and Sickmund, M. (1998) “Juvenile Offenders and Victims: 1999 National Report.” Washington, D.C.: Office of Juvenile Justice Delinquency and Prevention)

- When children victimize other children, it often has detrimental effects on parties who know both the victim and offender, i.e. their families, neighbors, school staff and class mates, etc.

The highly personal nature of youth-on-youth victimization creates threatening dynamics in what were once healthy relationships. Friends, families and neighborhoods often feel compelled to “take sides,” creating fissures in relationships that are closely bound by long-term friendships or geography.

- Historically, victims of juvenile offenders have had limited participatory rights in the juvenile justice process.

The lack of information about the case, combined with their inability to participate in hearings and activities related to the outcome of the case, can compound victim trauma. While the 1990s witnessed tremendous progress in rights and services for victims of juvenile offenders nationwide, there are still many jurisdictions in which victim participation throughout the juvenile justice process is limited.

(Please see **Juvenile**, cont. to Page 11)



# Giving Juvenile Offenders a Look at the Lives of Victims

By Keith Martin,  
Assistant Editor  
(reprinted with permission)  
The Corrections Connection  
(www.corrections.com)

*'Everyone has loved one's and if you hurt one person you are hurting everyone that loves that person, and it's gonna scar them forever.'*

-- Jorge

Getting offenders to realize the human consequences behind their crimes can often be a difficult task. For juveniles in the California Youth Authority (CYA), like Jorge, one program is giving them firsthand perspective on what happens after a crime is committed.

'A popular quote I use in training is 'I don't believe juvenile offenders know what they have done,' says **Jill Weston**, a Victim Services Specialist for the CYA's Office of Prevention and Victims Services (OPVS). 'People may think at first that I'm being soft [on these offenders], but our program takes into account and tries to get them to understand the impact [of their actions].'

For example, says Weston, if a juvenile assaults her by punching her in the face, - the police arrive, arrest the juvenile and that is the point of separation between victim and perpetrator - the point where their two lives take two directions. The offender obviously knows what they personally go through, but is largely unaware of what the coming hours and days are like for their victim.

'He knows he assaulted me, that it was illegal and so on,' says Weston. 'What he *doesn't* know is the aftermath of that. [In our classes], we show what happens with their victims. For example, [we discuss] the trip to the hospital, the facts of paying for that medical attention, who calls their family member to tell them someone they love has been assaulted, the victim not wanting to go to work because of a bruise or out of fear, the flashbacks they have of the event and so on.'

By exploring these details in the CYA's 'Impact of Crime on Victims' (ICV) classes, offenders often realize that what they did is more than a charge read aloud in court or written in legal documents.

'We find that when we give them information on maybe not their victim, but victims in general, their eyes get big and [they are aware of something] they didn't realize before,' says Weston.

### Giving the Victim a Voice to Be Heard

'I have never 'tried' to feel anyone's pain, nor have I ever felt their pain. When 'Jean' spoke about how her and her husband found her daughter and her grandson murdered and the horrible scene it was like I was there or I was a part of their family. I couldn't help but to cry. It didn't matter who was looking, I felt 'empathy' for the first time in my life.'

-- Darrell

First conducted in 1985, ICV classes are now in every CYA institu-

tion as well as in over 30 states and federal institutions. Among the numerous accolades and awards the program has received, in 1998, the American Correctional Association chose the classes as one of the nation's best practices programs in the field of corrections.

Weston says that no matter who replicates the program, she always lobbies for the new version to keep one of the strongest elements of the CYA program - victims to speak to participants.

'It gives [victims] a chance to come to a correctional facility and the criminal justice system that has, more often than not, excluded them,' she says. '[Speaking] gives them a chance to be included and most will say they want to have a voice in part to keep [becoming a victim] from happening to someone else.'

In fact, she adds, on many occasions, victims such as homicide survivors have approached her after speaking to CYA juveniles and asked if they thought what they said will change their young audience. Weston says, at first, she thought they were concerned about the offenders, but their real concern was to make sure that no one else had to experience what they have.

For offenders, hearing straight from victims is often an emotional experience. Weston has seen even the toughest juvenile show emotion, from twisting in their seat in discomfort from what they are hearing, to crying and consoling the victim after they have finished speaking.

When the ICV program is repli-

cated outside of correctional facilities - such as in junior high schools or through faith-based organizations - a similar awakening can occur from hearing a victim speak, says Weston.

'If you do this in a town hall, for example, [citizens] hear what a victim goes through,' says Weston. 'As a result, you get more supportive family and community members when someone is victimized. I see it as more of a prevention or intervention [tool in the community].'

For example, she adds, the program could be brought to a third grade classroom to show what it feels like to be bullied — a big issue in today's classrooms. Instead of the bully being suspended and sent home, they could hear from kids who have been bullied and what happened to them after the incident ended.

'These kids know they shouldn't [bully] others, but what is the impact,' says Weston. 'If we teach that, perhaps we could [provide] violence prevention.'

### Making It Personal

'...it (ICV) has also made me realize that I have made my victim live in total fear for her life just because I wanted to satisfy my needs...just because it happened to me, doesn't mean that I have to do it to them...helping others get through tough times will also help you understand the pain that a person goes through when victimized.'

- Anonymous

(Please See **Corrections**, Page 11)

## A Bridge of Sighs From the Perspective of a Victim

By Anonymous

Prior to the night of Oct. 31, 1992, my family and I were like any other family working, going to school, spending time together, celebrating birthdays, anniversaries, holidays, vacations and celebrating every special occasion together.

I will never forget the morning of Nov. 1, 1992, when two detectives came knocking on our door at 7:00 in the morning to notify us that my 18 year old brother was murdered. At the age of 21, I was given the most difficult task of my entire life. Since my parents don't speak English, and the detectives didn't speak Spanish, I was instructed to tell my parents that my brother had been killed the night before. Our lives have never been the same since.

My baby brother was 5 years old when our brother was killed. When the incident happened, the baby did

not understand what was going on and he would ask everyday the whereabouts of our brother.

Both of my parents' health has drastically deteriorated. My mother lives in fear of losing another child. My parents have suffered from emotional distress, depression, and nervous breakdowns. The latest breakdown happened on Nov. 5, 2002. After learning that the killer of my little brother might to be freed, my father experienced immediate headaches and discomfort that led to a sudden brain hemorrhage and stroke that also paralyzed the left side of his body. He was hospitalized for three months and is still under recovery.

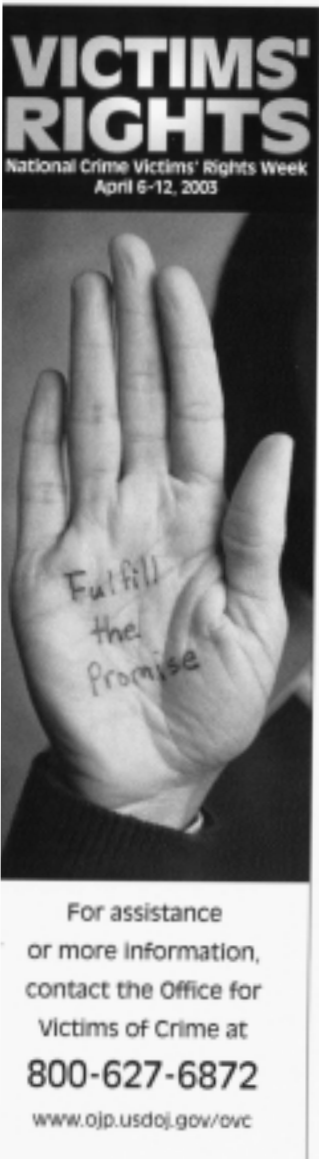
Per correspondence from the District Attorneys office recently, Oct. 4, 2002 (10 years after the crime), our family was informed that the offender received a sentence of **one hundred and seventy years to life**. On Dec.

13, 2002, I attended a parole consideration hearing and I was basically told that the murderer of my little brother could only be held in the CYA until the age of 25. As the victim's family, we are not only angry at that decision but also devastated to learn that my brother's life is not worth honoring. Out of nowhere the offender took my brother's life in a matter of seconds, and he will walk our street again.

If for ANY reason, the system sets the offender free, today, tomorrow or in the near future, you will have demonstrated to my family and me, our communities, and to the many police officers, investigators and detectives that a killer can kill without being punished.

Furthermore, the Criminal Justice System will have demonstrated to victims and families that the law is in fact,

(Please see **Justice**, Page 9)





# Stockton Parole Victim’s Scholarship Fund Helps Keep Dreams Alive

By Harvey Casillas, PA I  
Delinquency Prevention  
Specialist

National Crime Victims’ Rights Week is a weeklong of planned activities, which brings awareness, remembrance, and healing to those who have lost loved ones or has been a victim of crime. Yet, another year goes by and victims continue to struggle throughout the year physically, emotionally, and financially with their loss. Moreover, poor attendance and school performance often occurs for students dealing with the same issues.

Through Stockton Parole’s Victims’/Community Fund, a Crime Victim’s Scholarship was established to assist students with completing their academic goals. These funds

were generated through Stockton Parole’s Community Service Program, which raised money conducting community service projects. In addition, money was raised through a silent auction, barbeque, and car wash during Stockton Parole’s Second Annual Victims’ Awareness and Public Information Fair held at the Dean DeCarli Waterfront Square in downtown Stockton. The process of offenders raising money, donating it to help restore victims, and benefiting the community with their work is restorative justice at its best!

During the 2002 fall semester, two five hundred-dollar scholarships were awarded to two students who best met the requirements. Stockton Parole

awarded two more students during the 2003 spring semester with a five hundred-dollar scholarship each, totaling two thousand dollars! Each applicant submitted a seven hundred and fifty-word essay expressing, “why I deserve the scholarship.” In addition to the essay, the students needed to meet specific guidelines to be eligible to participate in the competitive process. One recipient wrote:

*Dear Scholarship Committee,*

*It makes me very proud to know that you have chosen me as one of your scholarship recipients. I am very honored and promise the money will go to good use. This money will help me out for the next semester.*

*There are a lot of changes that have*

*been made since the last time I wrote to you. I now live with my mother in Fountain Hills, Arizona. I am attending school at Scottsdale Community College (SCC). I am looking forward to what the years to come will have to offer me. I love college life. It’s nothing like high school. I plan on staying at SCC until I get my A.A. Then I want to transfer to a university. I’m not sure yet, but I would like someday to return to California a successful young woman.*

*I would like to thank you again for having this scholarship available for teens like me. This really means a lot and I will try my best to succeed in life. Even though this is just the beginning of a long journey ahead, you have given me some light to guide me down the path of success. Thank you again.*

## Community Chaplains Program Serves Victims and Survivors

By Mindi Russell,  
Senior Chaplain and Executive  
Director of the Law Enforcement  
Chaplaincy-Sacramento

The Community Chaplains of the Law Enforcement Chaplaincy-Sacramento (LEC-S) respond to counsel, assist and support victims and witnesses of critical incidents and crises, including death notifications, suicides, homicides, hostage situations, kidnappings and other traumatic events.

The Community Chaplains are specially trained to handle crisis situations and provide follow-up counseling, group debriefings, and individual intervention. The LEC-S is non-denominational and provides ministry for people of all faiths.

The Chaplaincy in Sacramento is led by myself. A career law enforcement chaplain, I was certified “Senior Chaplain” through the International Conference of Police Chaplains. I serve as the Program Director for the Law Enforcement Chaplaincy efforts in Sacramento County.

In addition, I serve as a member of S.A.I.R., a critical

partner in marriage and in the ministry for many years.

The dedication and commitment of the Community Chaplains are the foundation for the success of this program. The members provide immediate help to Sacramento area victims and vicarious victims of violent crime and other critical incidents. They perform their duties as chaplains with an outstanding level of concern and compassionate counseling and assistance. Each of the chaplains volunteers to be on call at least one 24-hour day each month, for an average of 25 hours donated



Law Enforcement Chaplains Mindi and Frank Russell.

per month. Some chaplains volunteer as much as 35 hours per month while others volunteer 24 hours per week.

Through the Community Chaplains Program, nearly 90 volunteer chaplains provide critical incident stress management services and assist in follow-up for crime victims and

(Director, Continued from Page 1)

my appreciation to the Office of Prevention and Victims Services staff for their efforts and diligence in working to ensure that the mandated rights of victims are protected and upheld. OPVS offers support and referral services to not only the crime victims of our offenders, but to our own staff as well. It is unfortunate that with our current economic challenges and the uncertainty facing the world, that many of us have also been hurt by crime, both in our personal lives and at our worksites. OPVS has been asked to develop a policy to address the needs of staff victimization. An article included in this issue of CYA Today addressing stress and coping skills is just one of the resources that will be made available for staff. It is hoped that the policy

for notification information as well as a support brochure will be finalized and distributed late this spring.

In the year 2003 and beyond, let us continue to fulfill the promise to all of the victims we serve by treating them with dignity and respect, provide support and resource referral services, and welcome them into our system to have a voice and exercise their rights. Additionally, we have an obligation to the victims to continue to hold our offenders accountable for their actions and provide them with the programs, counseling and opportunities to foster change, so they will not return to the lifestyle which brought them to CYA.

their families and friends. The volunteer chaplains provide around the clock emergency response service to several law enforcement agencies in the Sacramento area, including the Sacramento Police Department, the Sacramento County Sheriff’s Department, the California Highway Patrol, the Federal Bureau of Investigation, and other Sacramento County agencies such as the Coroner’s Office, the District Attorney’s Office, and the Probation Department.

Continual training for the chaplains is an important component of the Program. Each of the volunteer chaplains has completed the 120-hour Community Chaplains training program and receives a mandatory three hours of additional training each month. They must go through 16 hours of Critical Incident Stress Management, 16 hours of Advanced Critical Incident Stress Management, nine hours of School Crisis Response

Training, nine hours of Domestic Violence Response Training, and nine hours of Disaster Response Training.

In 2002, the members of the LEC-S Program made 2,323 emergency crisis responses as first responders at the request of law enforcement. These totaled approximately 5900 response hours. Community Chaplains are available around the clock to respond to critical incidents, officer involved emergencies, critical incident debriefings, injuries or deaths, funerals for employees or family members, officer-involved shootings, professional or personal crises, and tactical operations.

Among the many homicide cases where the chaplains have been called was the murder of five children by their father that affected children at an elementary school and a middle school. Fifteen chaplains volunteered over 400 hours with family of the victims, teachers and staff at the schools,

(Please see **Chaplain**, Page 8)



# Fulfill the Promise by Leading

By **Bill Blount, Impact of Crime on Victims Instructor**  
Johanna Boss High School

As a member of the CYA staff I believe we enjoy a special opportunity to make a difference for the young men we serve. A friend that adds a sense of reality and responsibility to each of our roles recently sent the following quote to me.

“Something must die in order to grow - your old habits, your old self image, your old thinking, your old life...must be weeded out for the seeds of success to grow.” —Doug Firebaugh

As a guide for these young men we enjoy the opportunity to function as a catalyst to stimulate ideas, foster accountability, instill persistence and perseverance. We all have a paradigm that encompasses our entire world and everything within. This paradigm is made up of all our experiences, our thoughts, feelings and actions. This

shapes how we act and react to situations and others. When we provide opportunities for growth we are actually expanding each young man’s paradigms and improving his ability to think before he acts. Once our paradigm expands it does not shrink and growth has taken place. When we can lead the wards to a place where they consider how there actions will affect others or how they would feel if what they did happened to them then we have started the process of accountability and responsibility.

### Ideas to Help at Risk Youth

Some of the issues our wards face are based in their anger. Some of their typical behaviors are forgetting, stalling, using “Yeah, But!” playing dumb and helpless, ignoring others, going silent and making false promises.

Some of the basis is by doing nothing they bypass the danger of saying no and the weakness of saying yes. Almost every communication/interaction a ward makes is framed in the language of power and control. They also have an on-going fear of loss of autonomy and feel victimized, avoid being controlled and resent any commitment and obligations. Some possible solutions are as follows: Help the wards identify patterns of behavior. Keep the focus on the negative consequences of their excitatory anger, but do not participate in the process. Offer the concepts of moderation and calmness but distinguish them from boredom. Re-channel their excitatory needs into more productive behaviors.



*Bill Blount has provided an inspiration to many wards on the issue of Victim Awareness.*

By focusing on the needs of victims that our wards are responsible in making we are in one of the best positions to restore our community, the wards and help prevent future additional victims.

# The Growing Problem of Identity Theft: Protect Yourself!

By **Sharon Garcia, PAII Victims Services Specialist**

We have all heard the horror stories about identity theft. The occurrences and magnitude appear to be on the rise, although at this time, no governmental agency has historical records to reflect the trend. Identity theft occurs when someone wrongfully acquires and uses an individual’s personal identification, credit or account information. Many times, by the time the victim becomes aware of the theft, his or her credit history has been significantly damaged.

The Victims Services Division has compiled the below information as a resource to avoid identity theft as well as to assist those who may have become the victims of identity theft. There are numerous consumer and governmental agencies that may be able to assist you in the event your identity is stolen.

### How to Avoid Becoming a Victim

- It may be impossible to totally protect ourselves from identity theft, however, there are several steps we can take to protect ourselves.
- Do not routinely carry your Social Security card, birth certificate, passport or more than one or two credit cards. If you must have all of these with you, take extra precautions to reduce any risk of loss or theft.
  - Shred or tear up any credit card, debit card or ATM receipts. Do the same with any unused preapproved credit card solicitations and convenience checks.

- Carefully review all of your credit card statements and utility bills. Report any unauthorized or unexplainable charges.
- Order a credit report each year from the three major credit reporting agencies (see below for information).
- Photo copy all of your credit cards and write the toll free numbers next to the copy. Keep this in a secure place.
- If you shop the Internet, use a secure browser that encrypts or scrambles purchase information.
- Never give out your credit card, bank account or Social Security number over the telephone unless you placed the call and you have a trusted business relationship with the business or organization.

- Opt out of pre-approved credit card offers by calling 888/567-8688.
- Contact your homeowners insurance company. They may have a policy you can add to cover expenses if you do become a victim.

### What To Do If You Are A Victim of Credit Identity Theft

Acting as quickly as possible once you determine you may have become

the victim of identity theft will help prevent the thief from making further use of your identity. Keep a log of all phones calls you make to any agencies regarding the theft. Follow-up with a letter that confirms the conversation. Send all correspondence by certified mail and keep a copy of the letter with the return receipt. Below are some additional tips. Each case may differ. Choose which tips and actions best reflect your loss.

- Report the crime to the police immediately. This proves to credit providers you were diligent.
- Call the three major credit reporting agencies (see the List of Resources below). Inform each agency of the theft of your credit cards, account numbers or identifying information. Have them place a fraud alert on your name and Social Security number.
- Call the Social Security Administration to alert them to the fraud. You may contact them at [www.ssa.gov](http://www.ssa.gov) or call the Fraud Hotline at 800/269-0271.
- Report the theft to the Federal Trade commission. Call 877/438-4338 or complete the online ID theft complaint form at [www.ftc.gov](http://www.ftc.gov).
- Call each of your credit card issuers to report that you are the victim of credit identity theft. Ask each credit card issuer to cancel

- your card and provide a replacement card with a new account number. Ask each issuer about the status of your account.
- Notify you utility companies that you have been a victim of identity theft. Alert them to the possibility of an imposter setting up an account in your name.

### Credit Agencies

- Equifax  
PO Box 740241  
Atlanta, GA 30374-0241  
To report fraud, 800/685-6285; to order a credit report, 800/685-1111
- Experian  
PO Box 2104  
Allen TX 75013  
To report fraud or order a credit report, 888/397-3742
- Trans Union  
760 Sproul Rd  
PO Box 390  
Springfield, PA 19064-0390  
To report fraud, 800/680-7289  
To order a credit report, 800/916-8800

### Check Verification Companies

To report that your checks have been stolen or that bank accounts have been opened in your name without your consent:

*(Please See Identity, Page 11)*

# Direct Services Enhancement Project (DSEP) fulfills the Promise

Since the inception of the DSEP, the project has fulfilled its promise by:

- Providing direct services to unserved victims of the most serious and violent offenders in the CYA.
- Providing counseling and referral services to crime victims.
- Emergency travel to assist victims upon request, in attending Youthful Offender Parole Board (YOPB) Hearings.
- Board accompaniment to provide emotional support to victim(s) and to assist in understanding YA & YOPB policies and procedures.
- Assist victims in writing Impact statements for the YOPB so that the victim(s) has a say in how the crime affected them and their family.
- Training to VW advocates, Non-Peace Officer staff and Peace Officer staff of the services that the Victims Services Division (VSD) provides, as well as, what their role is in assisting both victims and juvenile offenders in the CYA.
- Translation of outreach materials to assist those victim(s) that speak a language other than English.
- TTY/TDD machine for those blind/hearing impaired persons who call into our office for services and resources.
- AT&T Language Line translation services to assist victims in over 150 languages.
- The production of “Helping Victims” video that was distributed nationally on the services that the VSD provides.

## Interpretation and Translation Services

The Office of Prevention & Victims Services has contracted with AT&T Language Line Services to provide interpreters for victims who speak a language other than English or Spanish.

When a victim who speaks a foreign language calls our office, we make every attempt to determine their spoken language. The victim is placed on Conference hold and our office dials into Language Line Services. A designated number is entered to transfer us to a representative.

The language, Client Id, Organization name and Personal Code are provided to the representative. From there an Interpreter is connected to the call. Once the Interpreter is briefed of the nature of the conversation, the Non-English victim will be connected as a three-way conversation with the interpreter in the middle.

This arrangement expands our service to those who otherwise would be reluctant to call our office due to language barriers. **For more information call (916) 262-1392.**

(Chaplain, Continued from Page 6)

as well as students and their parents. Community debriefings were held and chaplains were available at the funeral and for counseling with family survivors.

The chaplains responded to Sam Brannan Middle School to aid families, students, parents, and community members when a 13-year old student was found murdered along with her mother. Her 16-year old stepbrother was arrested for the homicide. Approximately ten chaplains volunteered more than 160 hours assisting with the situation.

Other high-profile incidents where community chaplains volunteered include the following:

- A high school senior committed suicide during the school year. Community Chaplains worked with a group of teens that were grieving and dealing with guilt feelings.
- A high school student lost control of a speeding car, injuring his four teenage passengers and losing his own life. Chaplains spend 192 hours working with other students and families of the victims.
- During a summer rafting trip, a group of teens attempted to find and save their friend who fell from the raft and drowned. More than 230 hours were volunteered by the chaplains to provide critical incident stress debriefing for the young people and their parents.

In addition to providing services and ministry to the local Sacramento

community, the chaplains have willingly responded to incidents involving visitors from other California communities. A 48-year old coach of an Asian boys basketball team suffered a massive stroke and subsequently died while in Sacramento for a tournament. The Community Chaplains assisted by contacting his wife and co-workers in Los Angeles. They provided transportation and made special arrangements with the Sacramento Coroner’s Office and a local mortuary to transport the body back to his home. In spite of their grief, the family expressed sincerest appreciation to the Community chaplains for their compassionate intervention.

After the brutal murder of a youthful naturalist living in Yosemite National Park, the Sacramento Chaplains were requested to attend to the physical and emotional needs of her mother and other relatives who traveled to California. Federal and local officials acknowledged their appreciation to the Chaplains for their professional assistance.

There are growing needs in those departments and others in the greater Sacramento area. All Chaplaincy services

are provided at no cost to the individuals and families. The Community Chaplains Program was started in 1994 as a complement to the Law Enforcement Chaplains Program. Today, the organization has grown to

be the most effective and aggressive program in the nation for law enforcement personnel and victims of crime in the community.

Support for the Chaplaincy, a non-profit corporation under the provi-

(Please see *Chaplain*, Page 10)





reporters and that’s OK, too. I ask and don’t ask again if a victim turns me down. I give them my card in case they change their minds and that’s that. What we don’t want to happen, though, is for victims to feel like we reported the story from every perspective but theirs.

This is especially important to families when a loved one is killed. Crime stories often focus on how a young perpetrator’s unfortunate upbringing led him down a violent path and the victim becomes a name, age and hometown in the story. When someone is killed, reporters work to “know” the victim so they can paint a picture of the real, multi-dimensional person behind the flat statistics on the

police report. We are not trying to intrude. We are trying to show that this was a real and vibrant life taken.

But victims are not required to talk to the media and some reporters need to remember that.

A few years back, while covering a sex-crime case with multiple victims, I interviewed “Dora,” who wanted to tell her story anonymously. Dora’s tale ran on the day the trial was supposed to start and, although didn’t let on that I knew her outside the courthouse, she approached me and struck up a quiet conversation.

A quick-thinking television reporter figured out this might be the victim profiled in that day’s column. Dora, rendered wary and emotionally

fragile by the abuse, nervously admitted she was – and made it clear she didn’t want to be on TV. The reporter left.

A short time later, I noticed the reporter’s cameraman aiming his gear in Dora’s direction. The red light on the camera was on. Dora was upset and furious, but couldn’t confront the cameraman.

I did it instead – and called the news director of the station to report this unethical behavior. In my mind, the station had re-victimized Dora. Using its power and intimidation and then doing what it pleased despite Dora’s adamant “no,” that station forced its will on her, much as the perpetrator had done.

Few reporters work like that. You don’t get many profound stories if you do. Our job is to capture the human experience; to help define and explain a community to itself; to help right wrongs. I believe we can only do this well when we sit and listen compassionately in partnership with the people who entrust us with the details of their personal and often painful journeys.

*Sacramento Bee columnist Diana Griego Erwin, a veteran journalist and Pulitzer Prize winner, writes often on crime and its impact. Her contribution to this Victims edition of the CYA Today is greatly appreciated by the Youth Authority staff.*

inaccurate, unjust and unable to separate the guilty from the innocent.

I would like to make a suggestion. I want to strongly emphasize that authorities should have better communication with victims and victim’s families. I make this statement because when the offender had his sentencing hearing, our family was NEVER contacted in regards to the outcome of the case.

It was not until September 11, 2002 that the Department of the Youth Authority, Office of Prevention & Victims Services contacted my family to inform us the whereabouts of the offender and that a parole consideration date was set for March of 2003.

From our experience, my family and I believe that the Criminal Justice System focuses too much on criminals and murders and forgets the important parties that were harmed, the victims and their families. The system should re-focus and prioritize attention to victims and their families left behind. Victims and families are forgotten once the murderer or criminal is caught and when the criminals are set free. Victim’s rights vanish, but criminals get more chances to commit other crimes.

Don’t forget that the offender committed an adult crime, although the offender is held in a Youth Au-

thority Facility due to his age, when he committed an adult crime. The system forgets or turns its head the other way knowing that the offender being a youth was old enough and bright enough to plan and execute the crime. The offender should be held liable to punishment, as he was able to fulfill his criminal act. The laws pertaining to juvenile vs. adult crimes should be defined according to the criminal act the offender committed and not just based on the criminal’s age. Young adults who commit adult crimes should be held responsible for adult crimes, like murder.

I am convinced, by the laws of the State of California that many of our criminals get away with committing crimes, especially juveniles. I am also convinced, that victims and victim’s families are forgotten. I would highly recommend that the Criminal Justice System 1) improve communication between authorities and victims/families, 2) based on the crime committed, criminals should be held responsible for their actions, 3) if the crime was an adult crime, prosecute the criminal as an adult, most importantly, help victims and their families, make them aware of programs that are available to help them, both emotionally, psychologically and financially.

## What is Victim Notification?

Victim notification is considered one of the core victims’ rights in the United States. Typically, victims can be notified in accordance with law about their rights, the status of the youthful offender, and key events and proceedings related to their case.

Why is Victim Notification Important?

In the aftermath of juvenile offenses, victims must make important decisions concerning their involvement in court proceedings, taking pre-

cautions for their personal safety, seeking assistance for emotional, physical and financial losses endured, and seeking measures of restoration from both the juvenile offender and the juvenile justice system. Victim Notification, often called “the gateway to all other rights,” generally provides victims with basic information that can help them make informed decisions about their future.

Information from the National Council of Juvenile and Family Court Judges website <http://ncjfcj.unr.edu>.

## CYA Offers Victims Curriculum

**By Jill Weston, PAII,  
Victims Services Specialist**

The California Youth Authority (CYA) is on its way to setting a standard in juvenile and adult corrections in the area of staff training. Curricula and presentations are available for CYA staff working with offenders in various capacities.

Part of fulfilling the promise to victims occurs when correctional staff understand victims’ rights, needs and wants. Another part of fulfilling the promise is training staff on their role in providing offender accountability and victims services whether they are a teacher, supervi-

sor, electrician, volunteer, Youth Correctional Officer or medical staff.

CYA has developed curricula that includes an overview of the Office of Prevention and Victims Services, an overview of the Victims Services Division, restitution, workplace violence, and domestic violence.

CYA developed and provides a four hour Victims of Crime curriculum for entry level peace officers during a sixteen week basic academy. A variety of other curricula is presented during formalized supervisors’ training and formalized parole training.

## Victims Services Resources Accessible on The Web

Through the support of the Information Technology Office, with a special thanks to Webmaster Liz Heglar, many services available through the Victims Services Division are also accessible on the web. The Information Papers on each project, Technical Bulletins for Correctional Personnel, Request for Offender information forms and the HeGotCYA brochure are just a few of the resources available to staff, advocates, and victims. There are also links to the California Department of Corrections, Youthful Offender Parole Board, Office of Criminal Justice and Planning, the Victims Compensation and Government Claims Board as well as Victim Witness Assistance Centers throughout California. Additionally, it is now possible to download the Offender Request for Informa-

tion form. The ability to download this form will assist advocates, victims and survivors in requesting notification status on offenders committed to the Youth Authority.

Numerous past issues of the CYA Today-Victims Issue are available. A special section for resources for victims, survivors and their families is also accessible. Look for new additions in late spring/early fall when the Impact of Crime on Victims curriculum will be available. OPVS is constantly looking to update and upgrade their Website. You can access the site at [cya.ca.gov](http://cya.ca.gov) and link to Victims Services. If there is any additional information you would like to see include, please contact us at: e-mail: [opvs@cya.ca.gov](mailto:opvs@cya.ca.gov), or call (916) 262-1534 or toll free 1-888-434 6829.

unlike all the other apartments in my complex. Four men broke into my apartment. They climbed in through my bedroom window. One had a gun and one had a knife. My attendant was pushed back into her bedroom and she was robbed and her bedroom door was locked. I was robbed and raped and repeatedly told throughout the attack that I was going to be killed. Towards the end of the assault, I was also told that I had been stalked and targeted. From what they said, I found that as a woman with a disability I am seen as being very vulnerable and an easy target. They have never been caught.

Looking back on my experiences of abuse, during the battering relationship in 1990, I did not perceive a shelter as an option because of my need for physical accessibility and attendant care. Back in 1990, basic community services, even restaurants, were generally not accessible to me because that was just after the passage of the Americans with Disabilities Act. During the battering relationship, if I had had information on safety planning, education, and domestic violence, and had an accessible shelter available, I would have been better able to protect myself – to get out of the rela-

tionship before I was severely beaten and before the hospital and the police had to become involved to get me out.

After the sexual assault in 1996 I received services from a rape crisis center that was accessible to me, so I have a way to compare having services that were accessible and not having services that were available to me. The rape crisis services that I was able to receive were critical in my recovery process from that very devastating assault. I can look back on the intervention services that could have been available to me in 1990 and know how

those services could have affected and changed my life.

I am hoping now that we can make sexual assault and domestic violence services available to all women with disabilities who are in need of such services. I am now a counselor for persons with disabilities who are affected by domestic violence or caregiver abuse. I also consider myself a survivor.

*Kimberly Black Wisseman is a Domestic Violence Counselor with Disability Services ASAP, SafePlace, Austin, Texas. She may be reached at 512/356-1547 or by e-mail at kwisseman@austin-safeplace.org*

(Post Stress, Continued from Page 4)

for you while others may not. Use these procedures on a trial basis. Stick with the ones that seem to work best for you.

**Expressing Feelings:** Share your thoughts and feelings with someone you trust, even though it may be painful to do so. Make sure the other person understands you're not asking for a solution to your feelings, just an opportunity to express how you feel.

**Facing the Pain:** Painful and fearful thought or memories come back when you don't want them to. That's normal, but our first reaction is to keep this from happening. If we allow the thoughts or memories to come back, we can release some of the tension that is making them occur. You can even say to yourself, "Okay that's enough!" Gradually you will gain more control over these intrusive thoughts and feelings. Once you learn to deal with them, they will eventually subside.

**Dreams and Nightmares:** Nightmares are a very common reaction to traumatic stress. These symp-

toms are necessary to regain emotional balance and they usually disappear after a couple of weeks. Although they can never be controlled completely, some people have learned to diminish nightmares by deliberately thinking about the trauma sometime before they go to sleep and then saying to themselves, "Okay, that's enough, I'm going to dream about something else." If you are having trouble sleeping, try reading or watching television. Insomnia will probably resolve in a few days.

**Recognizing Self-Blame and Survivor's Guilt:** It is normal to feel some blame just for surviving a traumatic incident, especially if other people were killed or severely injured. Recognize this for what it is: an irrational thought. It is okay to have survived.

**Changing the Memory:** Remember that what is upsetting you after a traumatic incident is not the incident itself, but your memory of it. If it is a memory, you can change what you recall. If some particularly upsetting scene keeps coming back to

you, try substituting some other memory of the incident that has less painful emotions associated with it.

**Exercise:** Strenuous exercise afterward is very useful, especially if you're already in good physical shape. However, don't over do it and cause more harm than good.

**Getting Back to Work:** Get back to work when it is realistic, but accept the jitters that you might feel with the reminders of the incident. These are normal and will go away with time.

**Decrease Alcohol Consumption:** Many people feel a "drink" eases tension. However, alcohol is actually not useful to the body in coping with stress.

**Accept Enjoyment and Diversion:** Even if the incident was a serious one. Or consequences occurred due to the actions of others. It is okay to enjoy yourself and forget the incident. There may be a time later that you need to recall what happened. Caring is fine but constant worrying serves no true purpose. Be kind to

yourself, go to a movie, get involved in an activity you enjoy, etc.

**If Necessary, Seek Professional Help:** Sometimes traumatic stress is so severe that professional help is necessary for working through it. This is the smart thing to do; it is not a sign of weakness. It takes a lot of courage to work with a professional, to face your own pain and fear. Be proud of yourself and not apologetic.

**Don't Expect Miracle Cures:** Working through post-traumatic stress takes a long time and it is never really finished. Try to accept this and in time you can put things in proper perspective. What has happened is over and you cannot change it. You can learn from what happened and gain inner strength as time passes.

**The Bottom Line:** The bottom line in dealing with traumatic stress is to face it. If it can be faced squarely and dealt with in a constructive way, that is half the battle. Think Positive!

(Chaplain, Continued from Page 8)

sions of the Internal Revenue Service Code 501 (c)(3), is provided by private donations from individuals, businesses and churches. In addition, the Sacramento County Board of Supervisors has made funding available from the Transient Occupancy Trust Fund. A Board of Directors serves as the governing body to oversee policy and planning, and to monitor the fiscal integrity for the organization. The Board is made up of local law enforcement executives, pastors and ministers in the Sacramento area, local government officials, and community leaders.

The Sacramento Law Enforcement Chaplaincy was recognized by California's Department of Alcoholic Beverage Control and the Office of Traffic Safety for their support and dedication to the EVERY 15 MIN-

UTES program presented in local high schools. They received a Certificate of Appreciation from the United States Department of Justice, Office for Victims of Crime, during the National Crime Victims' Rights Week in 1999 for dedication to victims' rights. The Sacramento City Unified School District presented me with an award for "providing beneficial and timely training to District personnel." And in March 2000, the Heart of a Hero 2000 award for innovative efforts in the category of "Spirit of the Heart" was presented to the Community Chaplain Program in recognition of their outstanding contribution in time, spirit and talent, and for their dedication to youth. Also, In April 2002, Chaplain Mindi received the National Crime Victim Service Award from President George W. Bush and Attor-

ney General John Ashcroft. This prestigious award is the highest federal honor for victim advocacy.

The Sacramento Community Chaplains program is recognized by the International Conference of Police Chaplains as a nationwide training model. The most recent graduation of 34 new community chaplains included seven representatives of law enforcement agencies outside of Sacramento County. This program was unique when it was established in 1994, and continues to set the standard for law enforcement and community chaplain programs across the United States of America.

**Victims Week Affirmations**

**I cannot say whether things will get better if we change; what I can say is they must change if they are to get better.**

*G.C. Lichtenberg*

**The one who throws the stone forgets; the one who is hit remembers forever.**

*Angolan Proverb*

**Justice cannot be for one side alone, but must be for both.**

*Eleanor Roosevelt*



Confidentiality protections for juvenile offenders also contribute to victims’ frustration about getting information relevant to their cases. For many victims, the concept of “protecting the youthful offender” by maintaining confidentiality about his/her status and location makes no sense. The BARJ focus group research published in found that many victims have a strong interest in knowing about what happens to the youthful offender, based upon their interest in the child getting help, and not reoffending against new victims.

Many victims of juvenile crime – particularly in offenses where the perpetrator is known to the victim – would like the opportunity to meet with the youthful offender, which is not available universally in jurisdictions across the United States.

Victims often have questions about the circumstances of the juvenile offense, and some want an active role in determining measures to hold the youth accountable. While opportunities for victim/offender dialogue and family or community conferencing are increasing, they are

still not offered to all victims who request them. Many victims felt that the juvenile justice system has lower standards of offender accountability than the criminal justice system. In the BARJ focus group research project in 1998, victims of juvenile offenders expressed feelings of helplessness in believing that little would be done to make their offenders comply with the terms of their adjudication, i.e. pay restitution, attend treatment programs, etc.

- The likelihood of receiving full restitution is believed to decrease with the age of the offender.

Few children have financial resources to fulfill their restitution obligations and, with limited work opportunities for juvenile offenders, victims are often left with significant financial losses as a result of delinquent acts committed against them. There is often little or no recourse for victims who do not receive restitution and, at the same time, limited sanctions for youth who do not fulfill their financial and legal obligations.

- Most trauma response protocols have been developed based upon research of victims of adult, criminal offenders.
- While most of these responses are appropriate for victims of juvenile offenders, more research is needed to develop responses that are specific to the unique needs and circumstances of victims of juvenile offenders.
- Training and cross-training opportunities among system- and community-based victim advocates, juvenile justice and criminal justice professionals have been somewhat limited.

While such forums are increasing, there is still a need for consistent and comprehensive training and networking among these key stakeholders in providing services to victims of juvenile offenders.

Moving Forward

In examining the rights and needs of juvenile offenders in 2003, we need:

- More research about the impact of crime – including the emotional, financial, physical, and spiritual effects – on victims of juvenile offenders.
- More state and local agencies like the California Youth Authority to recognize that victims’ rights and needs matter.
- Juvenile justice professionals to recognize victims and their input as opportunities to not only seek justice, but to more successfully manage and treat juvenile offenders, rather than simply an obligation dictated by law.

Perhaps most important, we need to show victims of juvenile offenders that the system and its professionals care about them, and their needs and concerns. Anne Seymour has been a national victim advocate for 20 years, and is a Director for the Washington, D.C.-based non-profit organization Justice Solutions (and a HUGE fan of the CYA Office of Prevention and Victim Services).

Making Amends: Karl Holton Wards Face the Damage Wrought by Violence

By Diana Mauch, Youth Correctional Counselor Karl Holton Youth Correctional Drug and Alcohol Facility

Last December, Karl Holton’s Victims Impact Group invited two guests to share their stories. Our guests asked not to be called “victims” but rather, “survivors.” Each woman shared her story in which they had lost a child to a violent murder. As each woman shared the details of the crime, with tears coming from their eyes, the loss of life and the feelings and emotions they were experiencing it really began to move the wards. The room was silent and somber with every ward focused on each woman’s story. All that the wards had learned in group

about the impact violence has, whether emotional, mental or physical, came to light. The most moving moment for staff came at the end of the presentation as staff had arranged for two wards to share a gift with the survivors. We had approached the wards a week prior and asked if any would like to make amends to victims and two wards volunteered. They spent the next several days preparing a presentation and staff agreed to buy our survivors a living memory for their loved ones. In silence, as our two very special guests wiped their tears and ended their presentation, the two wards approached them and shared how the

speakers had touched their hearts. Both wards then shared their violent offenses (one was murder) and asked for forgiveness. They told the survivors they had a gift to give in honor of their loved ones. They shared how they wanted to give them something that was living to keep the memory of their loved ones alive. The survivors then hugged them and the room continued in silence as wards had their heads down, wiping their eyes and holding in their tears. It was a moving experience where both the victims and offenders came together and shared a common ground...hurt, pain, guilt, sadness and the desire to be forgiven.

(Identity, Continued from page 7)

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(Corrections, Continued from page 5)

In the ‘Personal Safety’ component of the ICV program, juveniles participate in a number of activities that give them the opportunity to take what they have previously learned and apply it to themselves and their families. They also explore how they can assist others who have been victimized and do their part to avoid creating new victims. ‘I think [this part of the program] is huge, because to me, people change when something becomes personal,’ says Weston. There is often a ‘split,’ Weston indicates. For example, when hearing about a domestic violence incident where a husband beat his wife, a juvenile under state supervision for battery might wonder, ‘How could they do that?’ ‘[During the program], the pamphlets in the back of the room [on domestic violence] will disappear - not into paper airplanes, but they’ll take them and send them to their

mothers and sisters,’ says Weston. Balancing Assistance to Offenders and Victims ‘I learned how to help people if something awful wrong happens to either themselves or a loved one they know, I can direct them....I am responsible for everything I do.’ -- Jimmy

Weston recognizes that juveniles are a population where the program works effectively. The CYA typically deals with offenders between the ages of 14 to 22, so there is still an impact they can make on an individual who will finish their supervision and return to the community. Juveniles are [in the CYA’s facilities] for treatment because they will get out. Beyond the assistance the CYA gives to offenders, the CYA tries to do just as much for those whose lives have been touched by their actions.

2003 Events Calendar

APRIL

National Child Abuse Prevention Month  
National Sexual Assault Awareness Month  
National Alcohol Awareness Month  
April 6 - 12: National Crime Victims' Rights Week  
April 11 - 13: National Youth Services Days  
April 15: National Law Day

MAY

May 16 - 22: National Correctional Officers Week  
May 3 - 10: National Safe Kids Week  
May 23 - 26: National Suicide Awareness Week  
May 11 - 17: National Police Week  
May 9: National Peace Officers' Memorial Day  
May 25: National Missing Children's Day

JUNE

National Safety Month  
June 8 - 14: National Victims Assistance Academy

AUGUST

August 5: National Night Out  
August 24 - 29: 29<sup>th</sup> Annual NOVA Conference

OCTOBER

National Domestic Violence Awareness Month  
National Crime Prevention Month  
October 19 - 25: Week Without Violence  
October 19 - 25: America's Safe Schools Week  
October 23-31: Red Ribbon Week  
October 7: Child Health Day

NOVEMBER/ DECEMBER

November – December: Tie One On For Safety  
Dec: National Drunk and Drugged Driving Prevention Month

Victim Services Resource Phone Numbers & Websites

Battered Women's Justice Project { <a href="http://www.bwjp.org">www.bwjp.org</a> }	800-903-0111
Bureau of Indian Affairs Indian Country Child Abuse Hotline { <a href="http://www.usdoj.gov">www.usdoj.gov</a> }	800-633-5155
California Department of Corrections { <a href="http://www.cdc.state.ca.us/">www.cdc.state.ca.us/</a> }	916-445-7682
California Youth Authority, Office of Prevention & Victims Services { <a href="http://www.cya.ca.gov">www.cya.ca.gov</a> }	888-434-6829
California Youth Crisis Line { <a href="http://www.calyouth.org/">www.calyouth.org/</a> }	800-843-5200
California Victim Compensation and Government Claims Board { <a href="http://www.boc.ca.gov">www.boc.ca.gov</a> }	800-777-9229
Childhelp USA National Child Abuse Hotline { <a href="http://www.childhelpusa.org/">www.childhelpusa.org/</a> }	800-4-A-CHILD
TDD Hotline	800-2-A-CHILD
Center for the Prevention of Sexual & Domestic Violence { <a href="http://www.cpsdv.org/">www.cpsdv.org/</a> }	206-634-1903
Doris Tate Crime Victims' Bureau { <a href="http://www.doristate.com">www.doristate.com</a> }	800-7-VICTIM
Justice Statistics Clearinghouse { <a href="http://www.ncjrs.org">www.ncjrs.org</a> }	800-732-3277
Juvenile Justice Clearinghouse { <a href="http://ojjdp.ncjrs.org/about/clearh.html">http://ojjdp.ncjrs.org/about/clearh.html</a> }	800-638-8736
Mothers Against Drunk Driving{ <a href="http://www.madd.org">www.madd.org</a> }	800-438-MADD
National Center for Missing & Exploited Children { <a href="http://www.missingkids.com/">www.missingkids.com/</a> }	800-843-5678
TDD Hotline	800-826-7653
National Center for Victims of Crime { <a href="http://www.ncvc.org/main/main.htm">www.ncvc.org/main/main.htm</a> }	800-FYI-CALL
National Children's Alliance { <a href="http://www.nncac.org/">www.nncac.org/</a> }	800-239-9950
National Clearinghouse for Alcohol and Drug Information { <a href="http://www.health.org/">www.health.org/</a> }	800-728-6686
TDD Hotline	800-487-4889
Hearing Impaired	800-735-2258
National Clearinghouse on Child Abuse and Neglect { <a href="http://www.calib.com/nccanch/">www.calib.com/nccanch/</a> }	800-394-3366
National Criminal Justice Reference Service { <a href="http://www.ncjrs.org/jjhome.htm">http://www.ncjrs.org/jjhome.htm</a> }	800-851-3420
National Domestic Violence Hotline { <a href="http://www.ndvh.org/">www.ndvh.org/</a> }	800-799-7233
TTY Hotline	800-787-3224
National Fraud Information Hotline { <a href="http://www.fraud.org/">www.fraud.org/</a> }	800-876-7060
National Organization for Victim Assistance { <a href="http://www.try-nova.org/">www.try-nova.org/</a> }	800-TRY-NOVA
National Resource Center on Domestic Violence{ <a href="http://www.pcadv.org">www.pcadv.org</a> } { <a href="http://www.vawnet.org">www.vawnet.org</a> }	800-537-2238
Office for Victims of Crime Resource Center { <a href="http://www.ojp.usdoj.gov/ovc/">http://www.ojp.usdoj.gov/ovc/</a> }	800-627-6872
Parents of Murdered Children { <a href="http://metroguide.com/pomc/">metroguide.com/pomc/</a> }	888-818-POMC
Rape, Abuse & Incest National Network { <a href="http://www.rain.org">www.rain.org</a> }	800-656-4673
Resource Center on Domestic Violence, Child Protection & Custody { <a href="http://www.dvlawsearch.com">www.dvlawsearch.com</a> }	800-527-3223
VALOR/National Victim Assistance Academy { <a href="http://www.nvaa.org/">www.nvaa.org/</a> }	877-748-NVAA
Volcano Press Publishers (books, videos and posters) { <a href="http://www.volcanopress.com">www.volcanopress.com</a> }	877-748-NVAA

California Youth Authority Victim Services Statistics for 2002

- Victims Services Division staff reviewed more than1,700 files to provide services to victims.
- More than 2,000 victims were notified of offender's status including parole board hearings, transfers, release to parole and escape/apprehension.
- Victims Services Division staff accompanied 3 victims per month to Youthful Offender Pa-
- role Board hearings.
- Approximately 50 victims were assisted through use of the e-mail -- a significant increase from 2001 through this form of communication.
- Victims Services Division staff translated 100 victim notification letters for victims.
- Victims Services Division staff assisted 70 offenders, their families or attorneys related to restitution inquiries.
- \$271,044 in victims' restitution orders has been collected from offenders in institutions and camps.
- \$27,847 in victims' restitution orders has been collected from parolees.
- \$10,550 in court restitution fines has been collected from parolees.
- \$217,958 in court restitution fines has been collected from offenders in institutions and camps
- In 2002, 336 offenders were provided "Restitution Training for Offenders" at institutions throughout the state.

Fulfill The Promise



CYA Today

California Youth Authority

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Official Youth Authority Newsletter

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Jerry L. Harper  
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Richard Kai  
Chief Deputy Director

Communications and  
Public Affairs

George Kostyrko  
Assistant Director/Executive Editor  
gkostyrko@cya.ca.gov

Julio C. Calderon  
Editor  
jcalderon@cya.ca.gov

Sarah Ludeman  
Public Information Officer II  
Contributor  
sludeman@cya.ca.gov

Marguerite Rylander  
Production

4241 Williamsbough Drive  
Sacramento, California 95823-2088  
9162621473